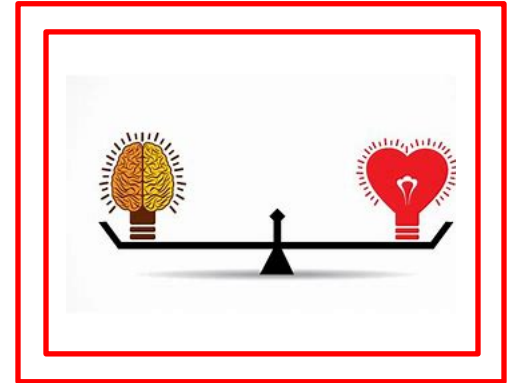


February

Wellness, Health Promotion and Prevention

2021

Physical and mental health are equally important; balance can be achieved.
Let's take care of ourselves and our loved ones.



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|---|--|---|---|
| Black History Month | 1 Register for a REVIVE! class , today at 1 p.m. | 2 Learn about Mental Health First Aid and enroll in a class. | 3 Question. Persuade. Refer. Help prevent suicide. Sign up now. | World Cancer Day | National Wear Red Day | 6 Find out more about Vape Free Fairfax and This Is Quitting , share the resource. |
| 7 New driver? Read about the Reality Check program offered by Inova. | 8 Meditate from head to toe; download the myStrength app. | 9 Register for a REVIVE! class , today at 3 p.m. | 10 Watch a virtual community event: Mental Health and Wellness in the Black Community. | 11 The QPR training is being offered today at 6 p.m., learn more about QPR. | 12 Get involved in the community, join the Fairfax Prevention Coalition. | 13 Gain an understanding about the Lock and Talk initiative. |
| February 14-20, Random Acts of Kindness Week | | | | | | |
| 14 Listen to a panel discussion on Recognizing and Responding to Trauma and Stress during COVID-19 and Racial Crisis. | President's Day | 16 In the Safe Space to Dig Deep series , learn more about Youth Mental Health, Child Welfare, Education and the Juvenile Justice System. | 17 Register for a REVIVE! class , today at 6:30 p.m. | 18 Enroll in a Mental Health First Aid class with a friend today. | 19 Become aware of eating mindfully; download the myStrength app. | 20 "What you do makes a difference, and you have to decide what kind of difference you want to make." – Jane Goodall |
| February 22-28, National Eating Disorder Awareness Week | | | | | | |
| 21 What is an eating disorder? Read about it here. | 22 Learn where to begin and how to help someone with an eating disorder. | 23 Eating disorder awareness toolkits are available to help parents, coaches, and more. | 24 Sign up for the QPR training at 10 a.m. today. | 25 Register for a REVIVE! class , today at 10 a.m. | 26 Check out a panel discussion on Engagement with Professionals in Mental Health, Medical Services & Law Enforcement. | 27 Want to know what ALGEE means? Register for a Mental Health First Aid class. |
| 28 Focus on a healthy body and healthy mind; download the myStrength app. | If you are in crisis or need immediate help, please call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) for 24/7, free and confident prevention and crisis resources for you or your loved ones, as well as best practices for professionals. | | | | | |

Take a class, learn what to do if someone is at any stage of needing help.

Reach out. Talk with others. Listen. Connect them with resources.



Reasonable accommodations provided upon request; call 703-324-7000, TTY 711

www.fairfaxcounty.gov/csb

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